

**PRISON LIFE: MY WORLD IN THE  
HELLISH FLORIDA STATE PRISON  
SYSTEM**

Shannon Copeland

Shannon Copeland is incarcerated at Lowell Correctional Institution in Ocala, Florida. She has documented substantive and procedural claims throughout her “hellish” incarceration. Her handwritten book, *Prison Life: My World in the Hellish Florida Prison System* was published by Prisons Foundation on their website. This essay is a redacted excerpt of her book, which is available at <http://www.prisonsfoundation.org/uploads/7nonf-prisonlifemyworld.pdf>. Like millions of inmates, Ms. Copeland could use help and support. Her contact information is the following:

Shannon Copeland W25201  
Lowell Correctional Institution  
11120 NW Gainesville Road  
Ocala, FL 34482

Copeland